

To allow us to have a healthy, positive, and thriving environment here at Cortez Full Circle, it requires the effort of **everybody**. Students, parents, and coaches all play a role.

Below are some rules to follow to help the flow of the academy. Please take some time to review these rules.

STUDENT RULES:

1. Come to the academy with a POSITIVE attitude. Greet your coach with a firm handshake, and warm greeting.
2. Enter the mat area from the back of the academy ONLY (near the dressing rooms). Do NOT enter the mat from the front area. The front mat entrance is for instructors and staff only.
3. All students must wear a Cortez Full Circle uniform. The uniform must be clean, matching, and properly worn. Wash your uniform after each training session.
4. IF your belt comes untied during class, **Go to your coach for help.** Do NOT go to your parents to tie your belt during class.
5. Maintain good hygiene. Shower daily and again after class. This is for yourself and for the sake of your teammates.
6. Keep all fingernails/toenails trimmed.
7. Long hair MUST be tied back.
8. Absolutely **NO Shoes ON the Mat.**
9. Shoes must be worn off the mat. This includes trips to the restroom and water station.
10. No water breaks or restroom breaks (unless emergency) are allowed without permission from the coach. We need to know where you are.
11. Use the water fill station properly. Use a bottle or cup! Please do not use your hands or your mouth to catch the water being dispensed.
12. Maintain good posture (kneeling, sitting, or standing) during instruction. This shows discipline and respect to your coaches and teammates.
13. Please be on time. However, we do know that situations happen and sometimes you may be late. If this happens, here is what to do:
 - If you are late for Muay Thai, please sign in, pull your card and wait on the side of the mat for permission from your coach to join the class.
 - If you are late for Jiu-Jitsu, wrestling or MMA, please sign in and go directly to your instructor and shake their hand to let them know that you have just arrived.
14. **Muay Thai/MMA:** If you are using academy equipment, make sure you put it away after class. Jump ropes, kicking/punching/belly pads etc.
15. Thank your coaches and teammates at the end of class.

PARENT RULES:

1. All spectators (including children) please remain quiet during class sessions. Allow the coaches to do their jobs. **Please do NOT coach your child during class.**
2. Please do not lean on the pony wall. You may stand on the side but do not lean on the wall and please do not prop your toddlers on the wall.
3. Food will continue to be allowed ONLY if you pick up after yourself. Please do NOT abuse this privilege. Help us maintain a clean academy.
4. All students must be dropped off/picked-up within 10 minutes before or after their class sessions. If there is an emergency, please call the office at 209-823-2662 to let us know.
5. Cell phones must be on vibrate, silent, or off.
6. Taking pictures/videos **IS** allowed.
7. If your child forgets their uniform, they may rent one for \$8.
8. If you or your child is sick, please stay home. Training can wait until you or your child feels better.
9. Please be respectful of all Cortez Full Circle Staff.

If you have any questions or concerns do not hesitate to reach out to any staff member/coach.